



## TRIP OVERVIEW

Join us on a Caribbean short escape to the picturesque and unspoilt islands of St Kitts and Nevis. With volcanic landscapes, clear waters and idyllic white sand beaches, this tiny island nation offers some stunning swimming opportunities as we explore the bays, beaches and shipwrecks which make up the country's beautiful coastline.

Located in the Caribbean Sea around 70 km west of Antigua, St Kitts and Nevis is the eighth smallest country in the world by area and ninth smallest by population. The two federated island nations are separated by a 4 km strait known as The Narrows, which, weather-permitting, we will attempt to swim across during this trip.

St Kitts is the larger of the two islands and is home to the capital city of Basseterre and the mighty Brimstone Hill Fortress. It is one of the most unspoilt islands in the Caribbean that enjoys green landscapes, blue skies and long, empty beaches. Across The Narrows, Nevis has a gentle pace of life that encourages you to stop and appreciate the natural beauty around you. The island is anchored by a single volcanic mountain and is home to a small number of beaches and villages.

Our home for the week is the laid back Oualie Beach Resort on Nevis, the perfect base from which to explore the seas around St Kitts and Nevis sister islands.

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## WHO IS THIS TRIP FOR?

This trip is made up of coastal swims and several crossings. Sea swell in the Caribbean tends to be bigger than in the Mediterranean, which also adds to the challenge of this trip and swimmers should be comfortable in these conditions prior to the start of the trip.

Swimmers should have a good level of open water experience and be capable of completing the average swim distance of 3km, prior to the start of the trip. The average daily swim distance is around 6km (split over a minimum of two swims).

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

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## LOCATION SUMMARIES

### St Kitts

The biggest of the two sister islands, St Kitts sits on the arc between Grenada and Puerto Rico, in the centre of the Caribbean Basin. The chicken drumstick-shaped island has uncrowded beaches, green hills, and one of the best preserved forts in the region, the 17th-century Brimstone Hill. St Kitts changed hands between the British and the French over the centuries, and the fort's views of Dutch neighbouring islands, St Eustatius, Saba and on a clear day St Martin, allowed the British rulers to see invaders coming from miles away, and to unload deadly cannon fire on them when they got close.



## Nevis

Nevis is defined by its impressive natural vistas, deserted swaths of sand, and a long-dormant volcanic peak that sits shrouded in cloud – a verdant stairway to heaven. Here, there are no traffic lights and the only semblance of a rush hour is when word gets around that Killer Bee cocktails at Sunshine's (one of the island's iconic beach bars) are 2 for 1!

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## TRIP SCHEDULE

<b>Start Point</b>	Oualie Beach Resort, Oualie Bay, Nevis <a href="http://www.oualiebeach.com">www.oualiebeach.com</a>
<b>Start Time</b>	16:00 on Day 1
<b>Finish Point</b>	Oualie Beach Resort, Oualie Bay, Nevis <a href="http://www.oualiebeach.com">www.oualiebeach.com</a>
<b>Finish Time</b>	11:00 on Day 5

Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

### Day 1

We meet at Oualie Beach Resort for welcome drinks and a chance to get to know the other swimmers and guides on the trip. We'll go through the pre-trip safety briefing and discuss the plan for the rest of the trip, followed by our acclimatisation swim from the hotel's beach. We reconvene again shortly after the swim for dinner.

### Day 2

Today we explore the north and west coastline of Nevis, starting off at Newcastle Bay and ending our first swim where we started at Oualie Beach Resort just in time for lunch.

After lunch we'll continue heading south along the Nevis coastline towards Charlestown, swimming along the beautiful white sands from Sea Bridge to Pinney's Beach. Stretching three miles along the coast, this is the longest beach on Nevis. We may even end the day at Sunshine's Beach Bar where you'll have a chance to reflect on the day's swimming and sample their rum punch.

### Day 3

Today we head to Booby Island, where our first morning swim involves a circumnavigation of the uninhabited islet and then a crossing to Turtle Bay. It's possible to see the striking sight of Nevis Peak behind you for the entire swim.

Following lunch, we have a short boat ride to Shipwreck Bay where we will start a beautiful coastal swim to the Great Salt Pond - keep a look out for the abundance of wildlife and shipwrecks aplenty!

### Day 4

The morning is our scheduled time to attempt the crossing between Nevis and St Kitts. A unique aspect



of this crossing is that you can see the bottom of seabed clearly the entire way across and keep an eye out for turtles and rays which are common on this stretch. It's a picturesque arrival into Cockleshell Bay where we will have time to relax and have some lunch. For less confident swimmers, there may be an option to partake in half of the crossing, to enjoy the other relaxing on the boat.

The rest of the afternoon will entail a short scenic swim in Shitten Bay where you can either explore the wildlife in the water at your own pace or relax on the boat.

## Day 5

For the final morning, we have a relaxing bay swim at Oualie Beach to bring us to the end a fantastic trip together.

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## TRIP GRADING

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

### Swimming Distances

Swim	Distance	Swim	Distance
Newcastle Bay – Oualie Beach	3km	Shipwreck Bay – The Great Salt Pond	3½km
Sea Bridge - Pinneys Beach	3km	St Kitts to Nevis Crossing	4½km
Circumnavigation of Booby Island – Turtle Beach	3½km	Shitten Bay	2km

### Swimming Conditions

Swimming in the sea is a fantastic experience but you need to be aware that certain marine life such as jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however, if you suffer from anaphylaxis please consult the office prior to booking. Sea swell in the Caribbean tends to be bigger than in the Mediterranean, which adds to the challenge of this trip. Swimmers should have a good level of open water experience and be comfortable in these conditions prior to the start of the trip.

### Walking Conditions

There is a limited amount of walking on this trip, with most walks taking place on recognised paths and tracks. There may be cases where we walk along trails or other unsealed surfaces and care should be taken in these areas.



## Temperatures

Month	Water Temperature*	Air Temperature*
March	25-27°C / 77-81°F	26-29°C / 79-84°F
November	28-29°C / 82-84°F	27-30°C / 81-86°F

\* Please note that these temperatures are indicative and should be used as a guide only.

## Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.

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## TRIP INFORMATION

### Group Size

The maximum group size on this trip is 15, split into a maximum of three swim groups, based on speed, with each group accompanied by their own safety vessel/escort.

### Boat Support

Boat support on this trip includes one main boat and two support boats, piloted by your SwimTrek guides and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

### Equipment Checklist

For your basic, essential packing list, please visit our [Packing List](#) page on the website. For **additional, location specific** items, please see the table below.

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Waterproof Sun Cream and SPF lip balm (Factor 50 or higher or zinc)	<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Rash Vest / Long Swim Leggings	<input type="checkbox"/>	Motion Sickness Tablets
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Waterproof Jacket and Fleece/Sweater

SwimTrek will also provide water and electrolytes at every location, and refill your bottles.



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## GETTING THERE

There are a number of travel options to get to Oualie Beach Resort on the island of Nevis, however please note that an additional night's accommodation is often required during transit. Although our accommodation is based on Nevis, please note that the more common route is to fly into St Kitts (Robert L. Bradshaw Airport - SKB) as this is the larger of the two islands and there are generally more flights available.

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek Flight tips](#) page on the website. There is also useful information on the Nevis Tourist Board website [www.nevisisland.com](http://www.nevisisland.com)

### Travel From St Kitts to Oualie Beach Resort, Nevis

If your flight arrives into St Kitts, the easiest way to reach your Oualie Bay Resort is to arrange a transfer with the hotel directly. You will then be met at the airport and transferred to Nevis (approximately 45 minutes). When you arrive into Oualie Beach the hotel is approximately 500m to the left of the jetty that has been built. This service must be booked in advance, and you can contact the hotel via email at [reservations@oualiebeach.com](mailto:reservations@oualiebeach.com). The hotel can also arrange a taxi to the hotel for you too.

Alternatively, guests can take a taxi from the airport to the ferry terminal in Basseterre (approximately 15 minutes) and take a ferry across to Charlestown on Nevis approximately 20-50 minutes. If travel times are known, a return ticket costs \$50 XCD. For flexibility, a single tickets costs \$28XCD. Please note for the return, there is a small departure fee to pay at the port in Nevis which is \$5XCD per person.

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## ACCOMMODATION

Our home for the week is the basic and simple but charming Oualie Beach Resort ([www.oualiebeach.com](http://www.oualiebeach.com)). Our accommodation is located on a coconut tree-lined beach on the quiet and unspoilt island of Nevis. The rooms are light and spacious, scattered along the beach in single and two storey 'gingerbread cottages' that reflect the traditional Caribbean style architecture of the island. Rooms are based on twin share in Deluxe Twin/Double or Queen rooms with en suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

### Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Nevis and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via: [reservations@oualiebeach.com](mailto:reservations@oualiebeach.com).



## Food and Drink

All breakfasts and lunches are included in your trip price, however, dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local bars and restaurants of your choice over the course of your trip. The average cost of dinner in a local restaurant is XCB\$70 - XCB\$90 (not including service charge). Alternative restaurants will require a taxi drive away which will be at your own expense, however reasonable rates are offered for groups and our guides will help arrange transport.

For more information, please visit our [food and drink](#) page on the website.

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## TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website.

### Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinners, drinks, entertainment, souvenirs, and transfer travel costs. The official currency is the East Caribbean Dollar (XCB) although US dollars are commonly accepted and used. Change is usually given in XCB, regardless of the payment currency.

Please note that upon departure, there is a fee of approximately US\$37 for leaving the island, which includes an environmental levy and airport tax. This fee is often included in the cost of your airfare, however, this can vary from one company to the next, so please check with your own airline.

In some countries tipping (gratuities) is not part of the culture. In others, it has become an expected norm. We believe that tipping is done entirely at your discretion. If you have been provided with excellent service, it may be something you wish to do. Your SwimTrek guides can advise on local norms for service providers like boat crew, waiters, or taxis. Nothing is expected for your SwimTrek guides, but many groups like to present something to the guides at the end of the trip.

### Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information, please visit our [Responsible Travel](#) page on the website.

### Passports and Visas

Non-residents of St Kitts and Nevis require a full passport to enter the country, which should be valid for six months beyond the expected length of stay.

Citizens of all E.U. member states, the US, Canada, Australia and New Zealand do not require a visa to enter the St Kitts and Nevis, however, if travelling via the US, you may need to obtain a visa. For further information on St Kitts and Nevis visas, please visit [www.foreign.gov.kn/countries-that-need-visas-to-travel-to-st-kitts-and-nevis](http://www.foreign.gov.kn/countries-that-need-visas-to-travel-to-st-kitts-and-nevis).

For information about US visas, please visit <https://esta.cbp.dhs.gov/esta/>.

Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

Travellers are advised to complete the [embarkation form](#) before departure for St Kitts and Nevis – this will make the arrival process in St Kitts and Nevis speedier

### **Travel Insurance**

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information, please visit our [Travel Insurance](#) page on the website.

### **Health Information and Recommended Vaccinations**

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek Guides, and many staff working for our local partners, are first aid trained. However, we ask that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions

### **Internet Access, Electricity and Travel Plugs**

There is complimentary Wi-Fi internet access in the hotel and bedrooms.

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit [worldstandards.eu](http://worldstandards.eu)